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**LISTING OF CLAIMS**

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This listing of claims will replace all prior versions, and listings, or claims in the application.

1. (Currently amended) A training bat system for improving hitting a user, comprising:

a ball of the same size and shape as a baseball or softball; and,

a baseball bat for hitting the ball comprising;

a tubular member cylindrical tube whose length is similar to a conventional baseball bat and, whose outer diameter over an area used for hitting the ball is smaller than the diameter of a conventional baseball bat over an area used for hitting the ball, and whose outer surface is uniform, having a bore of consistent diameter which extending extends within from an inner end to a distal end of said tubular member cylindrical tube and said tubular member cylindrical tube is made out of a material that will not be damaged when said tubular member cylindrical tube is used to as a bat strike the ball;

a plurality of weight members which vary as to length, density, and weight that are adapted to fit slideably within and nearly fill the bore

and said weight members can be placed in the boar or removed from the boar and there are more weight members than necessary to fill the cylindrical so that said weight member can be placed within the boar in different combination and mixtures with the combinations to change the balance and weigh of the bat and make said weigh and balance similar to and are positional within the bore of said tubular member and each individual weight member can be fully removed from bore of said tubular member and these weight members allow an individual to change the weight of the tubular member, and said weight members vary in length and weight, said weighted members are positionable within the boar such that an individual placing the weight members within the tubular member can make any section of the tubular member lighter or heavier to make the tubular member similar in weight and balance to a conventional bat; and

a means to compress said weighted weight members within said boar to ensure that the weights do not move; and,

an inner cap attachable to said inner end of said tubular member for retaining said weight members within said bore.

2. (canceled)

3. (Currently amended) The training bat system of Claim 1, wherein  
~~said bore is comprised of a consistent diameter~~ the weight members are  
made out of several materials.

Claims 4 and 5 (canceled)

6. (Previously presented) The training bat system of Claim 1, wherein  
said inner cap has a flanged portion and an extended portion.

7. (Previously presented) The training bat system of Claim 1, wherein  
said extended portion is threaded for threadably engaging an interiorly  
threaded portion of said inner end.

8. (Previously presented) The training bat system of Claim 1, wherein  
the means for compressing is a compression spring positioned between said  
weight members and said inner cap.

9. (Previously presented) The training bat system of Claim 1, wherein  
said tubular member is comprised of a plastic material.

10. (Previously presented) The training bat system of Claim 1,  
wherein said tubular member is comprised of aluminum.

11. (Previously presented) A training bat system as in claim 1, further  
comprising:

an outer cap attachable to said distal end of said tubular member for  
retaining said weight members within said bore.

12. (canceled)

13. (Currently amended) The training bat system of Claim 11, wherein  
~~said bore is comprised of a consistent diameter~~ the weight members are  
made out of several materials.

Claim 14. and 15 (Canceled)

16. (Previously presented) The training bat system of Claim 11,  
wherein said inner cap has a flanged portion and an extended portion.

17. (Previously presented) The training bat system of Claim 11,  
wherein said extended portion is threaded for threadably engaging an  
interiorly threaded portion of said inner end.

18. (Previously presented) The training bat system of Claim 11, wherein the means for compressing is a compression spring positioned between said weight members and said inner cap.

19. (Previously presented) The training bat system of Claim 11, wherein said tubular member is comprised of a plastic material.

20. (Previously presented) The training bat system of Claim 11, wherein said tubular member is comprised of aluminum.